



## PATIENT TAKE-HOME GUIDELINES

### What to expect during the CoolSculpting® procedure:

- » CoolSculpting is a non-surgical procedure that may take from one to several hours, depending on your customized treatment plan.
- » No general/topical anesthesia or pain medication is required.
- » As the procedure using a vacuum applicator is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated. A surface applicator may cause sensations of pressure.
- » You also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb.

### What to expect immediately after the CoolSculpting procedure:

- » Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- » You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.
- » The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect after the CoolSculpting procedure.
- » Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two. Rarely, some patients experience significant bruising in the shape of the suction applicator. This will resolve in a few days.
- » Nausea and tingling, stinging and cramping in the treatment area are often reported on treatment day.
- » You may feel a temporary dulling of sensation in the treated area. This is normal and typically resolves within a few hours to days but may last for several weeks after your procedure.
- » There typically is minimal recovery time after the CoolSculpting procedure. Most patients are able to return to their daily routine immediately after the procedure.

### What to expect the first few days and weeks after the CoolSculpting procedure:

- » It is common for the treated area to feel bloated and look swollen in the first few days and weeks after the CoolSculpting procedure.
- » You may experience a temporary dulling of sensation that can last for several weeks.
- » At some point within the first two weeks following the procedure, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. Call Seiler Skin and Dr. Seiler if these conditions persist beyond two weeks or worsen over time.
- » Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after the CoolSculpting procedure and you will experience the most dramatic results

after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.

- » In extremely rare cases, patients have experienced vasovagal symptoms during the treatment, and reported freeze burn, darker skin color, hardness, discrete nodules or enlargement of the treated area. Surgical intervention may be required to correct the enlargement.

#### Next steps and aftercare:

- » Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this. You may restart exercise as soon as you feel like it. You may feel too sore to do so but it is safe immediately afterwards to exercise.
- » You may resume all of your normal skincare products and treatments immediately. Drink plenty of water to stay hydrated and to help flush out the fat cells.
- » We will schedule a 3 day phone call follow up and also a 4-6 week phone call follow up to review any remaining concerns and discuss your progress with results.
- » We will schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction at 8-10 weeks post treatment. We will also take after photos at this visit.
- » We will schedule a 14-16 week follow-up appointment post treatment for a medical assessment to review your overall clinical results. We will also take photos at this visit.
- » Arnica gel may be applied to the treated areas to help reduce risk of bruising or treat bruising if it occurs. You may also take oral Arnica.

Notify Dr. Seiler if you have any questions, concerns, problems. 205-870-0204 or 205-873-2340.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call the office and Dr. Seiler immediately if I have any questions or concerns.

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